

# Senior Messenger



MIDDLESEX BOROUGH • DEPARTMENT OF SENIOR & DISABLED SERVICES

## Holiday Closings

Nov. 10th – Veterans Day  
Nov. 23 & 24 – Thanksgiving  
Dec. 25th – Christmas

Nov.–Dec. 2023

Daylight Saving Time ends on November 5th.

•Don't forget to set your clocks!



## New Chair Yoga Day and Time!

- Fridays at 11:30 am
- \$5 for residents and \$6 for non-residents

## PAAD or Senior Gold

PAAD and Senior Gold are state-funded programs that help eligible seniors and individuals with disabilities save money on their prescription drug costs. If you need assistance applying, please call 732-356-0414 to schedule an appointment.

### Income eligibility for PAAD:

- Maximum income: single \$42,142; couple \$49,209

### Income eligibility for Senior Gold:

- Maximum income: single \$42,142 – \$51,142; couple \$49,209 – \$59,209

## Medicare Open Enrollment – October 16th to December 7th Thursday, May 25th at 10:30 am



This is the perfect time to review your Medicare Part D and we are here to help. Call 732-356-0414 to schedule an appointment.

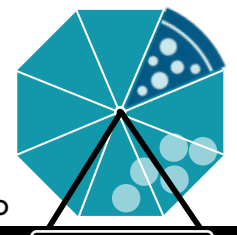
## Inclement Weather Policy

The Center may close during periods of inclement weather to ensure the safety of participants and staff using the facility. If a trip is cancelled, we will notify each participant. We encourage you to call the Center should there be questions about rescheduling appointments or activities.

## Bingo & Pizza!

Come join the fun on the last Wednesday of the month! For \$3.00, you will get 2 slices of pizza and a small dessert.

Please call the Senior Center to sign up by 11/24 for November and 12/22 for December. Bingo starts at 10:30 a.m. and pizza will be here around 12:30 p.m.

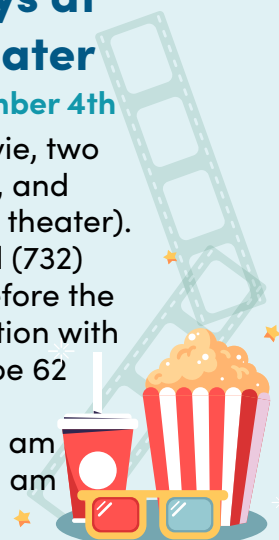


## Senior Movie Days at the Dunellen Theater

November 6th and December 4th

For \$5, this includes a movie, two slices of pizza, small soda, and small popcorn (pay at the theater). Meet at the theater or call (732) 356-0414 by the Friday before the show to set up transportation with the Senior Center. \*Must be 62 years or older\*

- Movie start time: 10:00 am
- Pick up start time: 9:30 am



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@Middlesex Borough Senior Services

## CONTACT

### SENIOR CENTER

732-356-0414

### SENIOR STAFF

**Melissa DeMarino** • Director

**Jenna Costantino** •  
Administrative Assistant

**Drivers** • Laura Meixner, Christine  
Dinizo, Dennis Lynch and Dina  
Melchiorre

### IMPORTANT PHONE NUMBERS

**MEDICARE** • 800-633-4227

**PAAD/Senior Gold (NJ Prescription  
Assistance)** • 800-792-9745

**FEMA** • 800-621-3362

**Social Security Office** • 800-772-1213

**PTR:** 800-882-6597

### MIDDLESEX BOROUGH

#### EMERGENCY

(Fire, Police, Poison): 911

#### Police Department

(Non-Emergency): 732-356-1900

#### Fire Department

(Non-Emergency):

732-356-7400 ext. 263

#### Middlesex Senior Center:

732-356-0414

**Middlesex Borough:** 732-356-7400

#### Middlesex Public Library:

732-356-6602

### MIDDLESEX COUNTY

#### Middlesex County Office of Aging:

732-745-3295

#### Middlesex County Board

**of Social Services:** 732-745-3500



## General Election on November 7th

Get out and Vote! If you need transportation  
to the polls, please call the Center.

## Thanksgiving Boxed Lunch

Thursday, November 16 at 11:30 am



Box lunch meals will be prepared  
by a local caterer, including a hot  
turkey sandwich with gravy, a side of  
stuffing, vegetables, cranberry sauce,  
and of course, dessert! We are giving  
the choice to dine at the Center or  
take out. Please call by November  
10th to order your lunch. The cost is  
\$10 per boxed lunch. Let's gather and  
give thanks this fall!



### Wednesday December 20th

Come celebrate the new year with us as  
we cherish the memories of 2023 and  
say hello to 2024! The party will start at  
11:30 a.m., and the cost is \$10 to attend.  
Please call the Center by December 13th  
to sign up!

## Save the Date! December 2nd



On Saturday, December 2nd from 2-7 pm, Middlesex  
Recreation is hosting a **Winter Wonderland Festival** in  
Mountain View Park!

## Senior Holiday Luncheon at Middlesex High School

Friday, December 22nd

The high school is hosting their annual holiday lunch for the  
seniors! This is a wonderful event, and we encourage all to  
attend. To reserve your spot and transportation, please call the  
Center by December 11th.

## NOVEMBER 2023

	MON	TUE	WED	THU	FRI	SAT
	<ul style="list-style-type: none"> <li>Medical transportation will be Monday - Friday unless otherwise stated</li> <li>Please call for a ride to the Senior Center on Wednesdays</li> <li>All trips are subject to change</li> <li>Zumba/Yoga/Mindful Fitness is \$5 and \$6 for non-residents</li> </ul>		<b>1</b> Ageless Grace 9:30 am Bingo 10:30 am	<b>2</b> Jersey Shore Premium Outlets 9:30 am	<b>3</b> Zumba 8:55 am Chair Yoga 11:30 am	<b>4</b>
<b>5</b>	<b>6</b> Dunellen Movie 10 am ShopRite—9am/1pm Zumba - 8:55 am Mindful Fitness - 10:15am Mahjong 1-3pm	<b>7</b> Election Day 	<b>8</b> Ageless Grace 9:30 am Bingo 10:30 am	<b>9</b> Veteran Meet-up 10 am Parx Casino 9:30 am	<b>10</b> Office Closed No Medical Trips	<b>11</b>
<b>12</b>	ShopRite—9am/1pm Zumba - 8:55 am Mindful Fitness - 10:15am Mahjong 1-3pm	<b>14</b>	<b>15</b> Ageless Grace 9:30 am Bingo 10:30 am	<b>16</b> Thanksgiving Boxed Lunch 11:30 	<b>17</b> Lidl and Lunch 10 am Zumba 8:55 am Chair Yoga 11:30 am	<b>18</b>
<b>19</b>	ShopRite—9am/1pm Zumba - 8:55 am Mindful Fitness - 10:15am Mahjong 1-3pm	<b>21</b>	<b>22</b> Ageless Grace 9:30 am Bingo 10:30 am	<b>23</b> Office Closed No Medical Trips	<b>24</b> Office Closed No Medical Trips	<b>25</b>
<b>26</b>	ShopRite—9am/1pm Zumba - 8:55 am Mindful Fitness - 10:15am Mahjong 1-3pm	<b>28</b>	<b>29</b> Ageless Grace 9:30 am Bingo 10:30 am Pizza 12:30 pm	<b>30</b> Hunterdon Hills Playhouse 10:15 am	<b>1</b>	<b>2</b>

## DECEMBER 2023

SUN	MON	TUE	WED	THU	FRI	SAT
<ul style="list-style-type: none"> <li>Medical transportation will be Monday - Friday unless otherwise stated</li> <li>Please call for a ride to the Senior Center on Wednesdays</li> <li>All trips are subject to change</li> <li>Zumba/Yoga/Mindful Fitness is \$5 and \$6 for non-residents</li> </ul>			 November - December 2023		<b>1</b> Zumba 8:55 am Chair Yoga 11:30 am	<b>2</b>
<b>3</b>	<b>4</b> Dunellen Movie 10 am ShopRite—9am/1pm Zumba - 8:55 am Mindful Fitness - 10:15am Mahjong 1-3pm	<b>5</b>	<b>6</b> Ageless Grace 9:30 am Bingo 10:30 am 	<b>7</b> Boscov's and Lunch 9:30 am	<b>8</b> Zumba 8:55 am Chair Yoga 11:30 am	<b>9</b>
<b>10</b>	ShopRite 9am/12pm Zumba - 8:55 am Mindful Fitness - 10:15am Mahjong 1-3pm	<b>12</b> Trip to See Holiday Lights 4:30 pm	<b>13</b> Ageless Grace 9:30 am Bingo 10:30 am	<b>14</b> Veteran Meet-up 10 am Wind Creek Casino 9:30 am	<b>15</b> Aldi & Chinese Buffet 10 am Zumba 8:55 am Chair Yoga 11:30 am	<b>16</b>
<b>17</b>	ShopRite 9am/12pm Zumba - 8:55 am Mindful Fitness - 10:15am Mahjong 1-3pm	<b>19</b>	<b>20</b> New Years Eve Party! 11:30 am 	<b>21</b> Amish Market and Lunch 9:30 am	<b>22</b> Zumba 8:55 am Senior Holiday Luncheon at the High School	<b>23</b>
<b>24</b> <b>31</b>	Office Closed No Medical Trips	<b>26</b>	<b>27</b> Ageless Grace 9:30 am Bingo 10:30 am Pizza 12:30 pm 	<b>28</b>	<b>29</b> Zumba 8:55 am Chair Yoga 11:30 am	<b>30</b>



Pre-Sorted  
First Class Mail  
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Toms River, NJ 08753

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## Pictures from Senior Health and Fitness Walk



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## Pictures from Our Delicious Orchards Trip

